

PEOPLE IN THE NEWS

Daniels Attends National Youth Safety Congress In San Diego

Martha Daniels, president of the Anchor Club of South Brunswick High School, was in San Diego, Calif., recently participating in the 34th annual National Youth Safety Congress, sponsored by the youth division of the National Safety Council.

She was appointed to serve on the youth council at the meeting, where she trained for and was a leader in several workshops. She accepted the Award of Commendation at the awards banquet for the Anchor Club of South Brunswick High.

She represented the national safety winner for all Anchor Clubs in the international organization, where she was presented the award at the Pilot/Anchor International Convention in San Antonio, Texas, in July.

An afternoon at the San Diego Zoo and an evening at Sea World were special events. Nellie Westbrook, Anchor Club adviser, chaperoned her on the two trips and participated in special training sessions.

The Youth Congress broadens safety and health knowledge, enhances safety techniques and skills, shares safety program ideas, trains teen leaders, recognizes outstanding safety programs and promotes fellowship.

Ashley Promoted

Marine Lance Cpl. Forrest H. Ashley, a 1993 graduate of West Brunswick High School, was recent-

ly promoted to his present rank while serving with 3rd Battalion, 12th Marines, Camp Lejeune.

He joined the Marine Corps in August 1993.

Back From Haiti

Navy Petty Officer 3rd Class Linda J. Deen and Navy Airman Recruit Brian C. Morris recently returned from operations off the coast of Haiti aboard the aircraft carrier USS Dwight D. Eisenhower.

Deen is the sister of Barbara L. Hewett of Civietown Road, Supply. She joined the Navy in April 1990.

Morris is son of Anthony J. and Janis K. Morris of Dixie Drive, Leland. He joined the Navy in April of this year.

The Eisenhower went to Haiti after unloading 1,800 soldiers and more than 50 helicopters from the U.S. Army's 10th Mountain Division. The lack of air threat from Haitian forces enabled the Navy to remove the carrier's air wing and reconfigure the ship for the soldiers and their aircraft.

While off Haiti, crew members worked in support of Navy and Army helicopter operations transporting troops and equipment ashore.

Back To Gulf

Navy Petty Officer 2nd Class Donald W. Hair and Navy Airman

Apprentice Daniel H. Johnson recently returned to the Persian Gulf aboard the aircraft carrier USS George Washington in response to another crisis in Iraq.

Johnson is the son of William I. and Deloise Johnson of Johnstowne Way, Shallotte. The 1993 graduate of West Brunswick High School joined the Navy in June 1993.

Hair is the son of Johnny R. Hair Sr. of Leland. The 1985 graduate of North Brunswick High School joined the Navy in December 1985.

The two are among more than 5,000 sailors and Marines assigned to the carrier and its air wing. They recently traveled from the Mediter-

ranean Sea, through the Suez Canal and Red Sea, to the Persian Gulf.

Crew members joined other deployed naval forces in the Gulf supporting the "no-fly zone" over southern Iraq since the end of the Persian Gulf War.

While deployed, Johnson and Hair have visited England, France, Greece, Turkey, Israel and the United Arab Emirates.

Guardian Of Year

Specialist Willie F. Gore of Shallotte was named Outstanding Guardsman of the Year 1994 at both company and battalion levels by CSM Herbert C. Rivenbark on Nov. 1.

Gore is a member of Company E, 1st Battalion (Mechanized) 120th Infantry of the Army National Guard in Shallotte.

In civilian life, SPC Gore is a student at the University of North Carolina at Charlotte.

Nisbet To Lead Campbell Board

James R. Nisbet of Charlotte has been elected chairman of Campbell University's Presidential Board of Advisors.

A longtime member and former chairman of the Board of Advisors, he is a managing partner of Nisbet Business Center LLC of Charlotte.

He is also a property owner on Holden Beach.

Co-chairman of Campbell's Challenge 2000 Campaign to raise \$70 million by the year 2000, Nisbet also served as co-chairman of Campbell's \$49 million Centennial Fund Development Campaign. He is a recipient of Campbell's Algernon Sydney Sullivan Award.

Nisbet is a recognized tournament-quality tennis player. He and his wife, the former Margaret (Betty) Porter of Charlotte are major benefactors of the Nisbet Tennis Center at Campbell, which is named in their honor.

A member of the First Presbyterian Church in Charlotte, Nisbet is also an elder in the Presbyterian Church. He has served on the Committee for Young Life of Charlotte. He and his wife have two daughters, Elizabeth Nisbet Miller and Cindy Nisbet Lucas.

Gibbs Graduates

Marine Lance Cpl. Dwaun D. Gibbs recently graduated from the Basic Avionics Technical Course.

He is the son of Willie L. and Shirley V. Gibbs of Chapel Loop Road, Leland. The 1993 graduate of North Brunswick High School joined the Marine Corps in September 1993.

During the course with Headquarters and Headquarters 90, Marine Aviation Training Support Group, Naval Air Station Memphis, Millington, Tenn., students receive technical instruction on the fundamentals necessary to perform job-entry level aviation electronics maintenance tasks. They also are prepared for further specialized training on operational aviation electronics equipment found in naval aircraft.



PHOTO CONTRIBUTED

Winning Carvers

Taking top honors in Waccamaw Elementary School's Oct. 19 pumpkin carving contests are (from left) Brittany Coleman, first place; Wykelia Stevenson, second; Phillip Rodriguez, third; and Angela Cartrette, best in show.

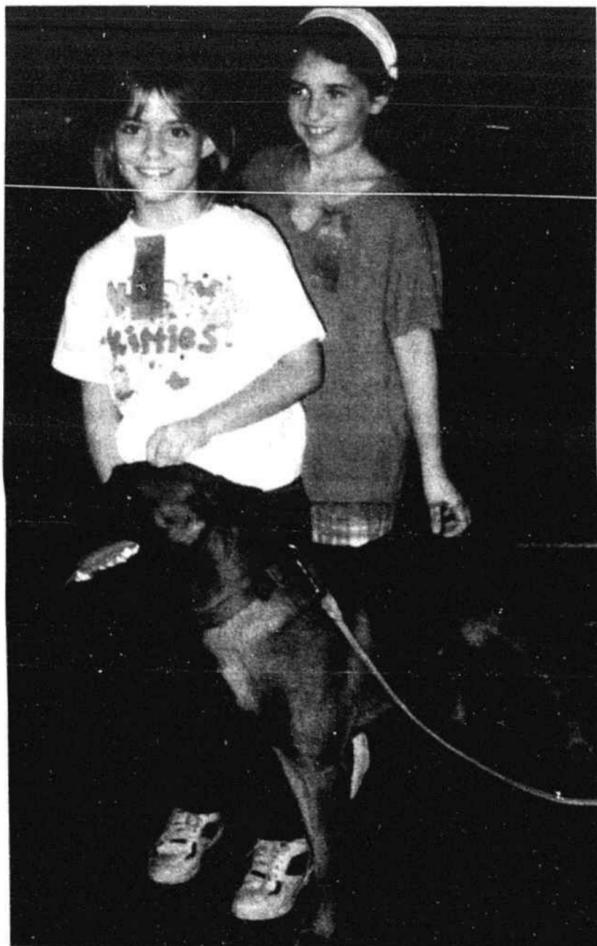


PHOTO CONTRIBUTED

THIRD GRADERS Kelly Ballard and Courtney Little pose with "Colonel," a drug detection dog employed by the Brunswick County Sheriff's Department, during a Red Ribbon Week activity at Waccamaw Elementary School.

Waccamaw Elementary School Promotes Anti-Drug Effort

Red ribbons could be seen all over the Waccamaw Elementary School campus in Ash as the school observed a national anti-drug effort in late October.

The ribbons symbolize a commitment to help create a drug-free America, a campaign begun after the 1985 torture and murder of Enrique Camarena, a federal Drug Enforcement Agency officer, by drug warlords.

Waccamaw students spent the month of October studying about the dangers and effects of drugs, and learning to choose alternatives for healthy productive lives, said Hilda

George, a counselor and Red Ribbon Week coordinator.

During Red Ribbon Week daily activities were planned around the theme. Student wrote about drugs and drug abuse and attended presentations by Brunswick County Sheriff's Department drug enforcement unit officers and "Colonel," the drug dog, and drug abuse prevention speakers from Coastal Horizons in Wilmington. They wore red ribbons and red clothing, and music teacher Cheri Skaggs and the seventh and eighth grade music class presented the musical "People Got To Be Free."

Are you at risk for diabetes? Could you already have diabetes and not know it?

Take the Test. Know the Score.

Write in the points next to each statement that is true for you. If a statement is not true for you, put a zero. Then add up your total score.

- I have been experiencing one or more of the following symptoms on a regular basis:
 - excessive thirst Yes 3 _____
 - frequent urination Yes 3 _____
 - extreme fatigue Yes 1 _____
 - unexplained weight loss Yes 3 _____
 - blurry vision from time to time Yes 2 _____
 - I am over 30 years old. Yes 1 _____
 - My weight is equal to or above that listed in the chart. Yes 2 _____
 - I am a woman who has had more than one baby weighing over 9 lbs. at birth. Yes 2 _____
 - I am of American Indian descent. Yes 1 _____
 - I am of Hispanic or Black American descent. Yes 1 _____
 - I have a parent with diabetes. Yes 1 _____
 - I have a brother or sister with diabetes. Yes 2 _____
- Total** _____

Scoring 3-5 points:

If you scored 3-5 points, you probably are at low risk for diabetes. But don't just forget about it. Especially if you're over 30, overweight, or of Black American, Hispanic, or American Indian descent.

What to do about it:

Be sure you know the symptoms of diabetes. If you experience any of them, contact your doctor for further testing.

Scoring over 5 points:

If you scored over 5 points, you may be at high risk for diabetes. You even may already have diabetes.

What to do about it:

See your doctor promptly. Find out if you have diabetes. Even if you don't have diabetes, know the symptoms. If you experience any of them in the future, you should see your doctor immediately.

The American Diabetes Association urges all pregnant women to be tested for diabetes between the 24th-28th weeks of pregnancy.

This test is meant to educate and make you aware of the serious risks of diabetes. Only a medical doctor can determine if you do have diabetes.

Weight Chart		
(shows 20% over maximum weights)		
Height (without shoes)	Weight in Pounds (without clothing)	
	Women	Men
Feet Inches		
4 9	127	
4 10	131	
4 11	134	
5 0	138	
5 1	142	146
5 2	146	151
5 3	151	155
5 4	157	158
5 5	162	163
5 6	167	168
5 7	172	174
5 8	176	179
5 9	181	184
5 10	186	190
5 11		196
6 0		202
6 1		208
6 2		214
6 3		220

These charts show weights that are 20% heavier than the maximum recommended for both men and women with a medium frame. If your weight is at or above the amount listed for your height, you may be at risk for developing diabetes.

If your score is over 5 points, please bring this questionnaire to The Brunswick Hospital Friday 11/11 or Monday 11/14 between 11 am and 3 pm for further screening.

All Screenings & Evaluations Will Be Administered FREE Of Charge



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